

Soft Diet Sample Menu

Breakfast

½ cup canned fruit (non-citrus)
½ to ¾ cup cereal
1 small pancake
1 tsp. margarine
1 tsp. jelly
½ cup 2% milk
1 tsp. sugar

Mid-Morning Snack

2 graham crackers
1 T creamy peanut butter
1 tsp. jelly
1 cup tea

Lunch

½ cup tuna salad (no raw vegetables)
3 to 4 saltine crackers
½ cup canned peaches
½ cup fruit juice (non-citrus)
1 tsp. mayonnaise

Mid-Afternoon Snack

4 saltine crackers
1 T cream cheese
1 cup 2% milk

Dinner

3 oz. roasted chicken (finely ground) with sauce
½ cup cooked white rice
¼ cup cooked carrots
½ cup canned pears
1 tsp. margarine
½ cup tea
1 tsp. sugar

Evening Snack

¼ cup cottage cheese
½ cup applesauce
½ cup 2% milk